

**REGISTRATION BEGINS AUGUST 18**

# **2008 - 2009 Fall & Winter Program**

**Arlington**

665 E. Rose Ave. 55106  
651-298-5701

**Front**

485 Stinson St. 55117  
651-298-5809

**McDonough**

1544 Timberlake Rd. 55117  
651-558-2171

**North Dale**

1414 N. St. Albans 55117  
651-558-2329

**Northwest Como**

1550 N. Hamline 55108  
651-298-5813

**Rice**

1021 Marion St. 55117  
651-558-2392

**Sylvan**

77 W. Rose Ave. 55117  
651-298-5821

**Wilder**

958 Jessie St. 55101  
651-298-5727



# Welcome to the North Area

Helping to Make Saint Paul the Most Livable City in America

## Mission Statement

To help make Saint Paul the most livable city in America, Saint Paul Parks and Recreation will facilitate the creation of active lifestyles, vibrant places and a vital environment.



**VISIT US ON THE WEB**  
[www.stpaul.gov/parks](http://www.stpaul.gov/parks)

*This program is subject to change due to citywide or local special events.*

<b>General Parks and Recreation Information</b>	<b>651-266-6400</b>
<b>Parkwatch</b>	<b>651-646-3535</b>
<b>Seasonal &amp; Part-time Employment</b>	<b>651-266-6466</b>
<b>Volunteer Hotline</b>	<b>651-266-6464</b>
<b>Environmental Program Volunteer Hotline</b>	<b>651-266-6458</b>

*An Affirmative Action Equal Opportunity Employer*

## Administration

<b>Director:</b>	Bob Bierscheid, CPRP
<b>Manager of Recreation:</b>	Kathy Korum

## North Area Staff

<b>Area Coordinator:</b>	Ron Hauth
<b>Youth &amp; Family Program Specialist:</b>	Patti Schwartz
<b>Facility Specialist:</b>	Luke Vang
<b>Sports Specialist:</b>	Jody Griffin
<b>Onsite Director:</b>	Mike Waldorf MaryAnn O'Keefe
<b>Onsite Assistant Director:</b>	Randy Graff Ashley Skarda

## Holiday Closings for Recreation Centers

Monday, September 1 (*Labor Day*)  
Thursday, November 27 (*Thanksgiving Day*)  
Friday, November 28 (*Some sites will be open - call for info.*)  
Thursday, December 25 (*Christmas*)  
Thursday, January 1 (*New Year's Day*)

## Volunteers Needed

Share your time and interests with Saint Paul Parks and Recreation as a volunteer. Opportunities for coaching, teaching classes or assisting with special events are available. All volunteers will be required to complete a volunteer application form (including references), a background check form and a Code of Conduct Form. For more information on volunteering, contact your local recreation center. Thank you in advance for your interest.

## Thank You to Our Volunteers

A special thanks to all of the volunteers who coached sports or assisted with one of the many special events. Without volunteers like you, our programs would not be possible.

## Registration Information

Most activities and special events have limited space and are filled on a first-come, first-serve basis. Individuals with special needs or disabilities are invited to participate in all recreation center programs. If the disability requires special accommodations, please call for more information. Please register at least three weeks in advance of the class to allow for arrangements. Individuals who are deaf/hearing impaired may contact any of the area recreation centers through the 711 voice-relay system.

## In Person Registration

Registrations are accepted during building hours.

## Online Registration

By using a valid credit card, adults can register online from any computer connected to the internet. Our online address is [www.stpaul.gov/parks](http://www.stpaul.gov/parks). If you don't have access to a computer, visit any recreation center and the center staff will be able to process your registration for any activity at any recreation center in the city.

## Fees & Refunds

Cash, checks, and credit cards (VISA, Mastercard, Discover, & American Express) are accepted. Please make checks payable to the "City of St. Paul." All refunds are subject to a \$10 administration charge unless the program is cancelled. To request a refund, contact the Recreation Center Staff.

**Registration is complete when the fee is paid.**

## Facility Rental Opportunities

Do you need space for a birthday party, anniversary, group meeting or work gathering? Saint Paul Parks and Recreation has a wide variety of spaces available for rent. Spaces such as multipurpose rooms, gymnasiums, kitchens, softball fields, and more are all available at reasonable rates. Contact any Recreation Center for more information.

## Photography & Video Recordings

Saint Paul Parks and Recreation uses photography and video recordings to document activities and promote recreation opportunities. Participation in a recreation activity acts as your consent to such photographs and recordings unless you indicate otherwise to the facility staff.

## Minnesota Data Privacy Act

In accordance with the Minnesota Data Privacy Act, personal information requested by Parks and Recreation staff of you and/or your child is private. This private data is available to you, the Parks and Recreation staff, and volunteers who need the information to perform their duties – not the public.

## Advertise With Us!

Reach Saint Paul households with an ad in the Parks & Recreation Seasonal Program. For more information, ad sizes, and costs, contact Patti Schwartz, Youth and Family Specialist.

## Adaptive Recreation Program

The Adaptive Recreation Program provides leisure services to individuals who are mentally and/or physically disabled. Recreational, educational, and cultural activities are offered throughout the year at various Recreation Centers and Community Education sites throughout Saint Paul. For more information about the Adaptive Recreation Program, or to receive a copy of the ARCH newsletter, contact the Adaptive Recreation Office at 651-793-6635.

# TODDLER

## Parent & Tot Play Time

North Dale

Instructor: None

This unstructured time is for parents or daycare providers and their kids to play in our gymnasium. Tumbling mats, small slides, small wheeled bikes, scooters, and balls will be available. Snacks and Drinks are not allowed in the gymnasium.

DAY: Mon / Wed  
FEE: Free

DATE: On-going  
AGES: 5 & under

TIME: 9am-12pm  
SESSIONS: 58

## Tap & Ballet (Beginning)

North Dale

Instructor: Courtney Fogel

This 24 week course will work with the children on tap, jazz, ballet, and movement. There will be a recital at the end of the season to show off our progress. The costume fee is included in the tuition with measurements taken the first week of class. A parent and their child must be present for the first day of class. No classes on, November 26, December 24 and 31.

DAY: Wed  
FEE: \$165

DATE: Sept 10  
AGE: 4-5

TIME: 6:30-7:15pm  
SESSIONS: 24

## Pre-Ballet

North Dale

Instructor: Ashley Placek

This class is a great starter for children who want to learn the basics of dance. During this 24 week session students will be introduced to basic ballet concepts in an exciting environment. Each class will include stretching, introductory center work, and movement exercised. Throughout this session students will learn a dance to perform on stage in our annual recital! There will be no class on November 26, December 24, and 31.

DAY: Wed  
FEE: \$165

DATE: Sept 10  
AGES: 3-5

TIME: 9:30-10:15am  
SESSIONS: 24

DAY: Thurs  
FEE: \$165

DATE: Sept 11  
AGES: 3-5

TIME: 6-6:45pm  
SESSIONS: 24

## Sporties For Shorties

North Dale

This program offers youngsters the opportunity to participate in a wide variety of fun, active games in a cooperative way. Lots of interaction in a non-competitive atmosphere. Limit 20

### FALL SESSION

DAY: Mon  
FEE: \$12

DATE: Oct 13  
AGES: 3-5

TIME: 1:15-2:15pm  
SESSIONS: 6

### WINTER SESSION

DAY: Mon  
FEE: \$12

DATE: Jan 26  
AGES: 3-5

TIME: 1:15-2:15pm  
SESSIONS: 6



# YOUTH

## Arts and Crafts

Wilder

Come and enjoy a variety of fun projects that you can take home. Limit 12

DAY: Wed  
FEE: Free

DATE: Sept 10  
AGES: 8-14

TIME: 6-7pm  
SESSIONS: 8

## Basketball Camp

Wilder

Staff will run organized drills that will help kids understand the game better, while improving basic fundamental skills and learning good sportsmanship. This is a great way to prepare for the upcoming basketball season. Boys and girls are welcome.

DAY: Tue  
FEE: Free

DATE: Sept 16  
AGES: 9-10

TIME: 6-7pm  
SESSIONS: 6

DAY: Tue  
FEE: Free

DATE: Sept 16  
AGES: 11-14

TIME: 7-9pm  
SESSIONS: 6

## Basketball Defense

Wilder

Youth 10 years and under are invited to come work on their defensive skills for basketball. A great pre-season warm-up for winter youth basketball. Limit 15.

### Boys:

DAY: Mon  
FEE: Free

DATE: Sept 15  
AGES: 10 & Under

TIME: 6-7:45pm  
SESSIONS: 3

### Girls:

DAY: Mon  
FEE: Free

DATE: Oct 6  
AGES: 10 & Under

TIME: 6-7:45pm  
SESSIONS: 3

## Games Galore

Wilder

Games and equipment may be checked out for your enjoyment. Items include: Balls, ping pong, cards, board games etc.

DAY: Tues / Wed  
FEE: Free

DATE: Sept 3  
AGES: 5-14

TIME: 6-7pm  
SESSIONS: On-going

## Candy Bingo

McDonough

Try your luck at one of McDonough Recreation Centers Candy Bingo nights.

DAY: Mon  
FEE: Free

DATE: Oct 6  
AGES: 5-14

TIME: 6-7pm  
SESSIONS: 3

## Do It Yourself Fairy Costume

McDonough

Do you still need a Halloween costume? In this class you can make your own DIY fairy princess costume just in time for Halloween. You will learn how to make a crown, wand and a colorful tutu.

DAY: Mon  
FEE: \$1

DATE: Oct 27  
AGES: 7-12

TIME: 6-7:30pm  
SESSIONS: 1

## Game Night

McDonough

Stay late after Rec Check and play board games with the McDonough Staff and teen volunteers. A snack will be served.

DAY: Mon  
FEE: Free

DATE: Nov 17 & Jan 12  
AGES: 6-12

TIME: 6-7pm  
SESSIONS: 2

## Girls Night

McDonough

No Boys Allowed! This is a chance for young ladies to unwind and have a good time at the rec. Activities may include arts and crafts, cooking, movies, games, and much more. Activities from 6-7:30pm, Girls Only Open Gym from 7-8:00pm

DAY: Tue	DATE: Sept 9	TIME: 6-8pm
FEE: Free	AGES: 6-17	SESSIONS: On-going

## Baseball Fundamentals

North Dale

Both beginners and experienced players will learn and practice the skills and techniques of baseball. Coaches are encouraged to attend and observe new teaching techniques.

DAY: Sun	DATE: Jan 18
AGES: 5th-8th Grade	
TIME: 3:30 - 4:30pm	Pitchers & Catchers
	4:30 - 6:00pm Hitting instruction
FEE: Pitching & Catching	\$35,
Hitting Instruction	\$35, Coaches Free

## Hockey Skating Instruction

North Dale

Instructor: J. Hauer

Beginning strides of hockey skating. A terrific program for the new skater. Limit 30.

DAY: Sun	DATE: Dec 7	TIME: 12:30-1:30pm
FEE: \$25	AGES: 5-10	SESSIONS: 4

## Holiday Present Making

McDonough

Want help making presents for your friends and family? We will provide you with the supplies to make a variety of presents like key chains, cards, bracelets and more. Wrapping paper will also be provided.

DAY: Mon	DATE: Dec 8 & 15	TIME: 6-7pm
FEE: Free	AGES: 8-15	SESSIONS: 2

## Ice Skating Lessons

North Dale

Instructor: J. Hauer

This introductory class to ice skating is for children who have no previous skating experience. Class will focus on the basics and fundamentals of forward and backward skating, gliding, stopping, how to fall and other skating basics. Half an hour skate time and half hour of practice time. Limit 30 each class.

DAY: Wed	DATE: Jan 7	TIME: 5:30-6:30pm
FEE: \$20	AGES: 4-7	SESSIONS: 4
DAY: Wed	DATE: Jan 7	TIME: 6:30-7:30pm
FEE: \$20	AGES: 8-12	SESSIONS: 4

## Jumpers Club

Wilder

Come join the Jumpers club. Each week we will play games and activities requiring you to hop and jump. Games include jump roping, hop scotch, double Dutch, and many more. So jump to it and join us.

DAY: Thur	DATE: Sept 18	TIME: 5-6pm
FEE: Free	AGES: 9-14 yrs	SESSIONS: 5

## Knitting Class

Wilder

Kids, want to learn how to knit? Make a scarf or other interesting projects. Supplies provided

DAY: Mon	DATE: Oct 13	TIME: 6:30-8pm
FEE: Free	AGES: 8-13	SESSIONS: 7

## L.E.S. Cheerleading

Wilder

Instructor: Volunteer

Routines are designed to improve coordination, fitness, and flexibility.

DAY: Thurs	DATE: Sept 4	TIME: 6-7:30pm
FEE: \$25	AGES: 6 & up	SESSIONS: 8

## Making Microwave Treats

Wilder

You can do more than just reheating left-overs in your microwave. Come down and we will teach you to make gourmet meals and treats from your microwave.

DAY: Tue	DATE: Sept 9	TIME: 6-7pm
FEE: Free	AGES: Grades 1-6	SESSIONS: 4

## Pre-Ballet

North Dale

Instructor: Z. Wetz

Learn ballet basics in a fun, activity-oriented class geared towards young dancers! Students who continue for the second and third trimesters will have the opportunity to participate in the Pas de Deux Studio spring recital in May. Girls should wear a leotard, pink or white tights and pink leather ballet shoes. Hair should be worn in a ballet bun. Boys should wear a t-shirt tucked into black pants or shorts, white socks and black leather ballet shoes.

### FALL SESSION

DAY: Fri	DATE: Sept 12	TIME: 1-1:30pm
FEE: \$39	AGES: 4-6	SESSIONS: 11

### WINTER SESSION

DAY: Fri	DATE: Dec 5	TIME: 1-1:30pm
FEE: \$39	AGES: 4-6	SESSIONS: 11

## Ballet 1

North Dale

Instructor: Z. Wetz

Students will learn classical ballet steps in a safe, encouraging environment. Each class will follow the traditional ballet lesson structure, with stretches, barre and center work based on the Cecchetti Method of classical ballet. Dancers who continue for the second and third trimesters will have the opportunity to learn and perform a recital dance in the Pas de Deux Dance Studio spring recital. should wear a leotard, pink or white tights and pink leather ballet shoes. Hair should be worn in a ballet bun. Boys should wear a t-shirt tucked into black pants or shorts, white socks and black leather ballet shoes.

### FALL SESSION

DAY: Fri	DATE: Sept 12	TIME: 1:30 - 2:30pm
FEE: \$66	AGES: 7-12	SESSIONS: 11

### WINTER SESSION

DAY: Fri	DATE: Dec 5	TIME: 1:30 - 2:30pm
FEE: \$66	AGES: 7-12	SESSIONS: 11

## Ballet, Tap & Jazz (Advanced)

North Dale

Instructor: Courtney Fogel

Previous dance experience is suggested before taking this course. This 24 week advanced week course will work with the children on tap, jazz, ballet and movement. There will be a recital at the end of the season to show off our progress. The costume fee is included in the tuition with measurements taken the first week of class. A parent and their child must be present for the first week of class. No classes on November 27, December 25, and January 1.

DAY: Thur	DATE: Sept 11	TIME: 7-7:45pm
FEE: \$165	AGES: 6-8	SESSIONS: 24



## Tap & Ballet (Advanced)

North Dale

Instructor: Courtney Fogel

Previous dance experience is suggested before taking this class. This 24 week course will work with the children on tap, jazz, ballet, and movement. There will be a recital at the end of the season to show off our progress. The costume fee is included in the tuition with measurements taken the first week of class. A parent and their child must be present for the first day of class. No classes on November 27, December 25, and January 1.

DAY: Thur	DATE: Sept 11	TIME: 7-7:45pm
FEE: \$165	AGES: 6-8	SESSIONS: 24
DAY: Thur	DATE: Sept 11	TIME: 7:45-8:30pm
FEE: \$165	AGES: 9-12	SESSIONS: 24

## Cheer America Cheerleading

Rice

Instructor: Cheer America

Choreographed dance routines are designed to improve coordination, fitness, & flexibility. Scholarships are available for youth on public assistance.

### FALL SESSION

Open house registration for fall classes will be held Tuesday September 23 from 6-7:30pm.

DAY: Tue	DATE: Sept 30	TIME: 6-7pm
FEE: \$6 per week plus \$4 registration fee	AGES: 5 & Older	
SESSIONS: 12		

### WINTER SESSION

Open house registration for winter classes will be held Tuesday, February 3 from 6-7pm.

DAY: Tue	DATE: Feb 10	TIME: 6-7pm
FEE: \$6 per week plus \$4 registration fee	AGES: 5 & older	
SESSIONS: 12		

## Young Americans Self Defense

Rice

Instructor: Young Americans

This program promotes self defense, personal improvement, physical fitness, & confidence. Scholarships are available for youth on public assistance.

### FALL SESSION

Open house registration for fall classes will be held Thursday September 25 from 6-8pm.

DAY: Thur	DATE: Oct 2	TIME: 6-8pm
FEE: \$6 per week plus \$4 registration	AGES: 5 & older	
SESSIONS: 12		

### WINTER SESSION

Open house registration for winter classes will be held Thursday, February 12 from 6-8pm.

DAY: Thur	DATE: Feb 19	TIME: 6-8pm
FEE: \$6 per week plus \$4 registration fee	AGES: 5 & older	
SESSIONS: 12		

## Artist Workshop

NW Como Instructor: Barb McIntosh

Artist's Workshop is designed to teach students to "see". They will use gesture drawing and contour drawing which will help students mark their paper to better enable them to draw in proportion. They will use watercolor, oil pastels, soft pastels and acrylic paint exploring the different mediums. Students will be introduced to the Masters, Van Gogh, Monet, O'Keeffe and Picasso. No Class October 16.

### FALL SESSION

DAY: Thur	DATE: Oct 9	TIME: 3:10-5pm
FEE: \$60	AGES: K-8th grade	SESSIONS: 6

### WINTER SESSION

DAY: Thur	DATE: Jan 29	TIME: 3:10-5pm
FEE: \$60	AGES: K-8th grade	SESSIONS: 6

Each child will be required to donate 1 piece of artwork and a frame for the Winter class art show.

## Fuse Beads

Arlington

One week make a fish, another week make an aquarium with fishes...your imagination is your limit. All supplies and materials provided.

DAY: Wed	DATE: Sept 10	TIME: 5-6pm
FEE: Free	AGES: 8-13	SESSIONS: 6

## Plaster Crafts

Wilder

Plaster away. Each week embark on a new project of crafts with plaster. Make your own creations or use a mold to create your masterpiece. All supplies and materials provided.

DAY: Mon	DATE: Sept 15	TIME: 6-7pm
FEE: Free	AGES: 5-12	SESSIONS: 5

## Game Time

Sylvan

Come to Sylvan Recreation Center after school with your friends and enjoy friendly competition playing different boards games. Children who attend game time will receive a treat. Staff will be here to help the children out if they don't understand the game.

DAY: Mon	DATE: Sept 2	TIME: 3-6pm
FEE: Free	AGE: 6-12	SESSIONS: 30

## Holiday Crafts

Arlington

Instructor: Staff

This is a great time to get together and make a gift for someone special.

DAY: Mon	DATE: Dec 1	TIME: 6:15-7:15 pm
FEE: Free	AGES: 12-16	SESSIONS: 4

## Karaoke

Arlington

Do you enjoy singing? Join us for an evening of Karaoke.

DAY: Wed	DATE: Jan 7	TIME: 6-7pm
FEE: Free	AGES: All Ages	SESSIONS: 7

## Ping Pong Frenzy

NW Como

Come challenge staff at NW Como to a game of ping pong or let our staff teach you the basic rules and skills needed to rule in the game of ping pong

DAY: Fri	DATE: Sept 12	TIME: 4:30-6pm
FEE: Free	AGES: All	SESSIONS: On-going



## Video / Game Night

Arlington

Calling all players...come down and play all sorts of games, computer, video, and board games with the staff at Arlington.

DAY: Thur

DATE: Oct 2

TIME: 6-7pm

FEE: Free

AGES: 12-16

SESSIONS: 5

## Wii Play Wednesdays

NW Como

Come join us as Wii play the Nintendo Wii on the big screen using a projector. Bring some of your games to share with other players.

DAY: Wed

DATE: Sept 10

TIME: 3-6pm

FEE: Free

AGES: All

SESSIONS: On-going



# YOUTH ATHLETICS

The City of Saint Paul, Division of Parks and Recreation is committed to providing quality athletic programming for youth of all ages and abilities. The basic foundation of our program is to:

- Encourage participation in physical activities
- To promote the development of physical skills
- To provide a safe place and fun experience.

Our program is built on the principles of fair play, good sportsmanship and respect for one's self and one's opponent. It is our expectation that everyone involved in youth athletic programming will contribute in a positive manner. We will provide a healthy environment where participants will feel safe, welcome and where they will find their athletic experience rewarding.

All participants must live in Saint Paul or be enrolled in a public, private, or charter school within the Saint Paul city limits.

Participants are required to:

- Provide a copy of the birth certificate at time of registration
- Pay registration fee at time of registering

Non-resident participants are required to:

- Show proof of enrollment/school attendance for the current year.
- Comply with all other requirements (examples: age, weight for football, etc.) for team participation.

\* Late registrations will be accepted if roster space is available.

\* Late registrations may be charged a late fee



## Fall Sports Registration

Registration dates were July 7 - Aug 1. Space may be available on some teams, please call if you missed the cut off date.

**Flag Football:** Ages 8, 10, 12, 14, and 18 & under

Separate male and female teams for 14 & 18 and under

**Tackle Football:** Ages 10, 12, and 14 & under

LES Tackle Football registration information is available at Wilder Recreation Center 651-298-5727 & North Area Tackle Football at Rice Recreation Center 651-558-2392.

**Soccer:** Ages 6, 8, 10, 12, and 14 & under

## Winter Sports Registration

**REGISTRATION:** Oct 13-17

Late registration will be taken if space is available.

**Basketball:** Ages 6, 8, 10, 12, 14, and 18 & under

## Spring Sports Registration

**REGISTRATION:** Feb 9-13

Late registration will be taken if space is available.

**Volleyball:** Ages 10, 12, 14, and 18 & under

**Indoor Soccer:** Ages 6, 8, 10, and 12

# TEEN

## Advisory Club

Arlington

This group of Teens meet every other Wednesday. We are committed to giving back to the community and finding better ways to serve the Teens in the community. If you are energetic and creative or just want to chill with your friends this is for you. Come and get the 411.

DAY: Wed	DATE: Sept 10	TIME: 6-7pm
FEE: Free	AGES: 12-17	SESSIONS: On-going

## Cooking

Arlington

Teens have fun learning to make some of your favorite foods.

DAY: Tue	DATE: Oct 7	TIME: 6:30-7:30pm
FEE: Free	AGES: 12-17	SESSIONS: 6

## Crochet – Simple Scarves

McDonough

All Here is your chance to make a scarf before the holiday season participants will receive a crochet hook and a skein of yarn.

DAY: Thur	DATE: Dec 18	TIME: 6-8pm
FEE: Free	AGES: 13-19	SESSIONS: 1

## EZ Screen Printing

McDonough

We will decorate a plain white-T using basic screen printing techniques.

DAY: Thur	DATE: Nov 20	TIME: 6-8pm
FEE: Free	AGES: 13-19	SESSIONS: 1

## Girls Only Open Gym

McDonough

Come down to the gym and be a part of girls night. Then stay from 7 – 8 for an hour of girls only open gym time. This is a wonderful opportunity for you to work on your basketball and volleyball skills, or to mentor young ladies in your neighborhood.

DAY: Tue	DATE: Sept 9	TIME: 7-8pm
FEE: Free	AGES: 6-17	SESSIONS: On-going

## Inline Hockey (pick up)

North Dale

Join us for pick-up Inline Hockey on one of the best rinks in the city. Some equipment is available. For more information Please call NorthDale at 651-558-2329.

DAY: Thur	DATE: Sept 4	TIME: 8-9:30pm
FEE: Free	AGES: 13 & up	SESSIONS: Ongoing (prior to flooding)

## Jewelry Boxes

McDonough

Do you need a jewelry box? Here's your chance to make a simple jewelry box with easy to find materials.

DAY: Thur	DATE: Oct 30	TIME: 6-8pm
FEE: Free	AGES: 13-19	SESSIONS: 1

## NBA Picks

North Area Recreation Center

Try your luck in picking who's going to win each week NBA's games. Must turn in your picks by Thursday of each week.

DAY: Mon	DATE: Oct 23	TIME: Turn in by 8pm
FEE: Free	AGE: 12 & up	SESSIONS: 25



## NFL Football Picks

Any North Area Recreation Center

(Ages 7-17) Try your luck in picking who's going to win each weeks game. Must turn in picks by Thur of each week at any north area recreation center. Begins 1st week in Sept. Free

## Phat Friday / Teen Night

McDonough

Music, open gym, and other activities that are chosen by the teens. (All participants must bring a school ID to participate)

DAY: 1st Fri/Mo	DATE: Sept 5	TIME: 6-8pm
FEE: Free	AGES: 13-19	SESSIONS: On-going

## Pre-Season Teens Only Open Gym

McDonough

Get some extra practice time in before the start of the basketball season. This time is open for youth and teens who are 13 or in the 7th grade up to age 19. All participants need to bring in a photo ID to participate. This time will end once the basketball practices start.

DAY: Wed / Thur	DATE: Sept 10	TIME: 6-8pm
FEE: Free	AGES: 13-19	SESSIONS: On-going

## Stationary Making

McDonough

We will make cards and envelopes of various sizes from scratch using at least 65% recycled materials. This is a great way to stock up on stationary while being environmentally friendly.

DAY: Thur	DATE: Sept 26	TIME: 6-8pm
FEE: Free	AGE: 13-19	SESSIONS: 1

## T-Shirt Embellishing

McDonough

In this class you will learn a simple technique to embellish a simple t-shirt. No previous sewing skills are required

DAY: Thur	DATE: Jan 29	TIME: 6-8pm
FEE: Free	AGE: 13-19	SESSIONS: 1

## Jewelry Making – Shrinky Dinks

McDonough

In this class we will design and make elegant looking jewelry form Shrinky Dinks. Each Participant will make a pendent necklace, a pair of earrings and a ring.

DAY: Thu	DATE: Feb 26	TIME: 6-8pm
FEE: Free	AGE: 13 - 19	SESSIONS: 1



## Teen Basketball

North Dale

The gym will be open to teens to play half court pick up games or full court on the small cross courts in the gym. There will be a registration sheet to fill out. A picture ID will be needed to enter the gym for players and spectators each time you come to the gym.

DAY: Wed	DATE: Sept 3	TIME: 6-8:30pm
FEE: Free	AGES: 13-17	SESSIONS: 7
DAY: Sat	DATE: Dec 6	TIME: 1-3pm
FEE: Free	AGES: 12-14	SESSIONS: 7
DAY: Sat	DATE: Dec 6	TIME: 3-5pm
FEE: Free	AGES: 15-17	SESSIONS: 7

## Teen Club

Wilder

Working with adult partners in a mentoring relationship, teens learn leadership, communications, planning, & decision making skills. There will also be ping pong and other fun games.

DAY: Tues/Thurs	DATE: Sept 2	TIME: 5-7pm
FEE: Free	AGES: 10-15	SESSIONS: On-going

## Teen Club

Rice

Need help with your homework or do you just want to meet other kids your age. Come to Rice Recreation Center and you will be able to find that. We will also have fun games that you can play including pool and foosball.

DAY: Daily	DATE: Sept 2	TIME: 6-8pm
FEE: free	AGES: 13-18 yrs	SESSIONS: On-going

## Teen Open Gym

Teen open gym must be 13-18 years of age to participate. You must show an ID to participate.

Rice

DAY: M, T, Th., Fri.	DATE: Sept 3	TIME: 5-6pm
FEE: Free	AGES: 13-18 yrs	SESSIONS: On-going

Wilder

DAY: Wed	DATE: Sept 3	TIME: 6-7:45pm
FEE: Free	AGES: 13-18	SESSIONS: On-going

## Recreational Drumming

Wilder

Participants will learn the art of playing the drum on a drumming pad.

DAY: Wed	DATE: Oct 1
TIME: 6-7pm	FEE: Free
AGES: 12-17	SESSIONS: 4

## Volleyball

Wilder

Come one or come with a group to enjoy a fun night of exercise.

DAY: Thur	DATE: Sept 14
TIME: 5-6pm	FEE: Free
AGES: 12-17	SESSIONS: 13

## Weight and Fitness

Wilder

Learn to properly use weight equipment, bench press, biking, and more. Get some great exercise!

DAY: Thur	DATE: Sept 18	TIME: 5:30-7pm
FEE: \$25 annual membership		AGES: 14 & over

## 1st Annual Bon Fire Bowl

Rice

A Teen Flag Football Tournament will be held at Rice Rec. Center. Open to all Teens ages 12-19. Age divisions will be determined based on the number of registrations received. This tournament will end with a Bon Fire and Free S'mores. Taco in a bag for \$1. Must pre-register by Mon. Oct. 20.

For more information please call: Rice 651-558-2392 or Arlington 651-298-5701.

DAY: Fri	DATE: Oct 17	TIME: 6pm
FEE: Free	AGES: 12-19	SESSIONS: 1

## 1st Annual Teen Talent Showdown

Calling All Teens! We are pleased to host our first Teen Talent Show for ages 13-19. Singing, dancing, skits, instrumental music, juggling, magic, and other talents welcome. Performances will begin 7pm. This event is free and open to the public. Pre-registration for the talent show is required by Wed. Oct. 29

Performances must be less than six minutes long.

A talent pre-view to be held on Mon. Nov. 3.

For more information please call: Rice 651-558-2392 or Arlington 651-298-5701.

DAY: Fri	DATE: Nov 7	TIME: 7pm
FEE: Free	AGES: 13-19	SESSIONS: 1

## Halloween Dance

Rice

Grades 7, 8, and 9th Come in your Halloween costume. We will have a Halloween costume contest for best dressed. Concessions will be sold.

DAY: Fri	DATE: Oct 24	TIME: 7-10pm
FEE: \$3/person	AGES: Grades 5-8	

## Halloween Dance

NW Como

Wear your scariest costumes and dance the night away at NW Como. Concessions will be sold. Adult chaperones are needed. Please call NW Como at 651-298-5813 for more information.

DAY: Fri	DATE: Oct 31	TIME: 7-9:30pm
FEE: \$5/\$4 with costume		AGES: Grades 5-8

## Winter Break Dance

Rice

Grades 7, 8, and 9th Celebrate the beginning of your winter break with a dance at Rice Recreation Center. Concessions will be sold.

DAY: Fri	DATE: Dec 19	TIME: 7-10pm
FEE: \$3/person	AGES: Grades 5-8	

## Winter Dance

NW Como

Spread the word! NW Como's having a dance. All kids from 5th-8th grade are invited. Concessions will be sold. Adult chaperones are needed. Please call NW Como at 651-298-5813.

DAY: Fri	DATE: Feb 13	TIME: 7-9:30pm
FEE: \$5	AGE: Grades 5-8	SESSIONS: 1

## Fall Skate / Dance

North Dale

Celebrate the coming of Snow and ice. Chill out and skate outside on the new rink, or stay warm and dance inside.

DAY: Fri	DATE: Nov 21	TIME: 7-9:30pm
FEE: \$5	AGE: Grades 5-8	SESSION: 1





# FAMILY



## Badminton

North Dale

Bring your family and friends and enjoy playing a fun game of Badminton.

DAY: Fri DATE: Dec 5 TIME: 6-9pm  
FEE: \$2/person AGE: All SESSIONS: 24

## Community Holiday Party

Sue's Park

The lighting of the tree at Sue's Park. Food and hot beverages plus holiday carols and two bands. This community event is co-sponsored by District 5, St. Paul Parks and Recreation and Arlington Hills Lutheran Church.

DAY: Sat DATE: Dec 6 TIME: 5-7pm

## Fall Craft Fair

North Dale

We will be having an Art and Craft Fair at North Dale Recreation Center. Refreshments will be sold for a nominal fee in our Multi-Purpose Room and Kitchen. Exhibitors are expected to participate for the entire five hours. Each exhibitor will be given a 10 by 10 foot space. If you have any questions or would like to register as an exhibitor please call North Dale Recreation Center Staff at 558-2329.

DAY: Sat DATE: Oct 18 TIME: 9am-2pm  
FEE: \$30 if you need a table, \$25 if you have your own table  
AGES: All

## Family Drums Alive

North Dale and Rice

Instructor: YMCA

Enter a new dimension of fitness. Your family will feel and experience the pulsating rhythms, dynamic movement, and powerful percussions of this high-energy dance and rhythm program. Family Drums Alive combines traditional aerobic movements with the powerful beat and rhythms of the drums. It is a workout for the entire mind, body, and spirit and perfect for the entire family!

North Dale

DAY: Tue DATE: Sept 16 TIME: 6-7pm  
FEE: \$45 AGES: 6 & up SESSIONS: 7

Rice

DAY: Thur DATE: Sept 18 TIME: 6-7pm  
FEE: \$45 AGES: 6 & up SESSIONS: 7

## Family Open Gym

North Dale

Gym time will be set aside for families on Sunday afternoons, when ice rink is open.

DAY: Sun DATE: Nov 23 TIME: 1-4pm  
FEE: Free AGE: All SESSIONS: 16

## Fit Family Fun Night

Wilder

Families are invited to come enjoy some fun time together doing fitness related activities. Each night will include gym activities, food, and information on a variety of fitness topics. Be sure to put this on your calendar and join us!

DAY: Thur DATE: Sept 25 TIME: 5-7pm  
FEE: Free AGES: All ages SESSIONS: 1

## Kick Boxing / Aerobics

North Dale

Instructor: David Pekarek

This class consists of high tempo movements to music, while combining the technical skill aspect of kickboxing and hitting focus mitts in a fun, relaxing and non competitive manner. Participants will learn Respect, confidence, patience, determination while learning kick boxing coordination, control, speed and power. Equipment must be purchased through the instructor.

DAY: Thur DATE: Sept 11 TIME: 6-7pm  
FEE: \$40 AGES: 8+

## Pumpkin Bowl

Duluth & Case

Tournament will include games, cheerleaders, and concessions for sale. For more information please contact Arlington Recreation Center @ 651-298-5701. Sponsored by the L.E.S. football teams.

DAY: Fri, Sat, Sun DATE: Oct 17, 18, & 19

## Rec Check Family Nights

McDonough

Would you like to know more about our Rec Check after school program? Perhaps you already have a child attending and would like to see what they do on a daily basis. Stop by McDonough after Rec Check and see what we do in our program.

DAY: Mon DATE: Oct 20 TIME: 6-7:30pm  
FEE: Free AGE: 1-6 graders and their families. SESSIONS: 1

## Turkey Shoot

NW Como

Team up with an adult for a goblin' good time! Each parent/child team competes in low-key athletic events such as a basketball free throw shoot, floor hockey shoot, football toss, soccer goal, frisbee toss. Prizes are awarded to winners in three categories - ages 4-6, 7-9 & 10-13. The competition take approximately 45 minutes. Participants are welcome to arrive any time between 5:30-7pm.

DAY: Thur DATE: Nov 25 TIME: 5:30-7pm  
FEE: \$5/family Family event SESSIONS: 1

## Ice Fishing

Any North Area Recreation Center

Instructor: DNR

Bundle up and come with us to Beaver Lake and enjoy one of Minnesota's favorite winter activities - Ice Fishing! All equipment is provided. Participants should dress appropriately for the weather including boots, hats, & mittens.

DAY: Thur DATE: Feb 12 TIME: 4-6pm  
FEE: Free AGES: 10 & up (unless accompanied by an adult)

## Volunteer Appreciation Night

North Dale

If you were a volunteer in the North Area this year. Then this is your night to be recognized. Come and celebrate with your fellow volunteers, and let the North Area recognize you.

DAY: Fri	DATE: Sept 26	TIME: 6-8pm
FEE: Free	AGES: All	SESSIONS: 1

## Holiday Hoe Down

Celebrate the Holiday Season at North Dale. Games, food, dancing, and some good down-home fun is on the menu.

DAY: Mon	DATE: Dec 15	TIME: 6-8pm
FEE: \$2	AGES: All	SESSION: 1

## McDonough Holiday Party

McDonough

Come with your family and celebrate the holiday season with the staff from McDonough Recreation Center. We will play games, have contests, do a craft project, and eat lunch together. All activities are free of cost.

DAY: Sat	DATE: Dec. 13	TIME: 11am-1pm
FEE: Free	AGES: Family Event	SESSIONS: 1

## Family Open Gym

NW Como

Gym time will be set aside for family fun from noon until 4:00 pm Sunday afternoons starting January 11.

DAY: Sun	DATE: Jan 11	TIME: 12-4pm
FEE: Free	AGES: All	SESSIONS: 11

## Family Skating Party

NW Como

Bring the family down to the rink and skate. Listen to music as you skate and fuel your energy with cookies and warm up with a cup of hot chocolate. Bring some of your favorite music to play.

DAY: Thurs	DATE: Jan 22	TIME: 6-8pm
FEE: Free	AGES: All	SESSIONS: 1

## Judo

Sylvan

Instructor: Ken Otto

This class will include basic grappling, safety falling and safe throwing, along with training and conditioning.

DAY: Thurs	DATE: Sept 4	TIME: 4-6pm
FEE: \$12	AGE: 8 & older	SESSIONS: on-going

## Karate

Sylvan

Instructor: M. Dorrain

Participants will receive instructions in how to properly defend themselves. Techniques that will be taught include kicking, blocking, throws, and falls. This class is for beginners and people who have experience with Karate.

DAY: Tues / Thurs	DATE: Sept 2	TIME: 6-8pm
FEE: \$24	AGE: 8 & older	SESSIONS: on-going



# The Junior League of Saint Paul

The Junior League of Saint Paul, through its Saint Paul Plays! Committee is working with Saint Paul Parks and Recreation and the Mayor's Second Shift Initiative, to provide opportunities for children and their families to connect through play. Game events throughout the year, will be set up to create opportunities for children and parents to play together, teach parents why play is important to their children's well-being, and enjoy time together with their neighbors in a safe environment. Gaming night will be held at these sites:

### Arlington:

Nov 3	5:30-7:30pm
Feb 18	4-6pm

### Dayton's Bluff:

Jan 15	5:30-7:30pm
Apr 9	5:30-7:30pm

### Hancock:

Oct 8	4-6pm
Feb 11	5:30-7:30pm

### Jimmy Lee:

Oct 20	4-6pm
Mar 5	4-6pm

### McDonough:

Nov 13	5:30-7:30pm
Mar 24	4-6pm

### West Minnehaha:

Jan 28	4-6pm
Apr 23	5:30-7:30pm

# CAMPS & CLINICS

## Boys Basketball Clinics

North Dale

Instructor: M. Bauch

Work on your ball handling, shooting, free throws and defense skills to help prep you for the up-coming winter basketball season.

Sat	Sept 20	1-3pm	Ages 5-7	\$12	Limit 30
Sat	Sept 27	10am-12pm	Ages 7-10	\$12	Limit 30
Sat	Oct 11	10am-12pm	Ages 7-10	\$12	Limit 30
Sat	Oct 25	1-3pm	Ages 5-7	\$12	Limit 30
Sat	Nov 22	10am-12pm	Ages 7-10	\$12	Limit 30
Sat	Nov 29	1-3pm	Ages 5-7	\$12	Limit 30

## Fast Pitch Pitching Open Gym

Gym time will be available to come in during the winter months for you to help get ready for the spring and summer season. Instruction available some days. Must bring your own catcher.

NW Como

DAY: Thur	DATE: Feb 19	TIME: 7:30-8:30pm
FEE: Free	AGE: 9-16	SESSIONS: 8

North Dale

DAY: Sun	DATE: Nov 23	TIME: 12-1pm
FEE: Free	AGE: 9-16	SESSIONS: 16

## Fast Pitch Skills And Pitching Clinic

NW Como

You will be instructed in hitting, fielding and other facets of the game. Pitching is a separate clinic. Pitchers should bring their own catchers. Please indicate if you are signing up for Skills or Pitching. Other guest instructors will also be involved.

DAY: Sat	DATE: Jan 24	TIME: 1-3pm
FEE: \$65	AGE: 9-14	SESSIONS: 6

## Girls Basketball Clinics

North Dale

Instructor: J. Loebelin-Lecker

(Ages 8-14) Hoop it up this Fall at the North Dale. Participants will be instructed on the skills of the game including shooting, ball handling, passing running, good sportsmanship and more. Each session will end with scrimmage play. Participants are encouraged to bring a water bottle.

Sat	Sept 20	8am-10am	\$12	Limit 30
Sat	Oct 25	11am-1pm	\$12	Limit 30
Sat	Nov 29	11am-1pm	\$12	Limit 30

## In-line Skating League

North Dale

We have a new outdoor rink that is just waiting to be used. Let's get a new league started! We will offer leagues for youth and adults. Each league will have a 6 week season (weather permitting).

DAYS AND AGE GROUPS:

Mondays	-----	High School
Tuesdays	-----	U10 and U12
Wednesdays	-----	U8
Thursdays	-----	Adults

Leagues will begin the week of Sept 22

TIME: 5-7pm	FEE: \$20
AGES: 6-16	SESSIONS: 6

## In-line Skating Clinic

North Dale

(Ages 6-16) Learn how to play the sport of inline hockey outdoors on our new inline hockey rink. Learn the fundamentals of inline hockey. Each player will receive instruction and their own hockey jersey. Players should provide their own equipment including helmet, elbow pads, shin pads, gloves and skates. Some equipment will be available if needed.

U8	Sat	Sept 20	10am-12pm	\$16	1 ses.
U10	Sat	Sept 20	12-2pm	\$16	1 ses.
U12	Tue	Sept 16	6-8pm	\$16	1 ses.
U14	Thur	Sept 18	6-8pm	\$16	1 ses.
H.S.	Mon	Sept 15	6-8pm	\$16	1 ses.

## Volleyball Clinic

NW Como

Instructor: J. Wittgenstein

Pass, set, spike! Focus on FUN and FUNDAMENTALS in a fun and exciting atmosphere. Sportsmanship, team and individual skills will be learned through group activities, fun games and scrimmages. Perfect for gearing up for the spring volleyball season. Participants will receive a t-shirt and are encouraged to bring a water bottle.

DAY: Sat	DATE: Feb 21 & 28	TIME: 10am-12pm
FEE: \$22	AGE: 8-15	SESSIONS: 2

## Winter Break Boys Basketball Camp

NW Como

Instructor: M. Bauch

Boys are invited to join us for a 3 day basketball camp over winter break. Youth will be instructed on different skills and drills including ball handling, shooting, passing, foot work, defense, screening, good sportsmanship, scrimmage play and more. Participants will receive a t-shirt. Limit 30.

DAY: Mon, Tues, Fri	DATE: Dec 29, 30, & Jan 1	TIME: 12-3pm
FEE: \$40	AGE: 11-14	SESSIONS: 3





# ADULT

## Adult Basketball

North Dale

The gym will be open to Adults to play half court pick up games or full court on the small cross courts in the gym. There will be a registration sheet to fill out. A picture ID will be needed to enter the gym for players and spectators each time you come to the gym. No one under the age of 18 will be admitted. Closed Holidays and Special Center Events.

DAY: Tue / Thurs DATE: Sept 2 TIME: 11am-2pm  
 FEE: \$2/Day AGES: 18+ SESSIONS: On-going

## Adult Dodge Ball

Rice

Form your team of 6-10 players and play in a Ten week dodge ball league at Rice Recreation Center. Rules will be posted in the gym and there will be a dodge ball referee that will make all the calls.

### FALL

DAY: Mon DATE: Sept 15 TIME: 6-8pm  
 FEE: \$70/Team SESSIONS: 10

### WINTER

DAY: Mon DATE: Dec 1 TIME: 6-8pm  
 FEE: \$70/Team SESSIONS: 10

## Adult Indoor Soccer

NW Como

Bring your friends or come by yourself to play some indoor soccer at NW Como.

DAY: Thur DATE: Sept 18 TIME: 6-8:30pm  
 FEE: \$2/person AGES: 18+ SESSIONS: On-going

## Boot Hockey

North Dale

We are looking to start a new league on our outdoor refrigerated rink. Six teams needed. Team roster limit of 8.

DAY: Fri DATE: Dec 5 TIME: 6-9pm  
 FEE: \$80/team AGES: 18+ SESSIONS: 6

## Bosu

North Dale

Instructor: Swyningan Services

This class follows the Hatha Yoga Class on Saturdays. The Bosu balance trainer will be used with the platform side either up or down to accommodate different exercises. Bosu enhances cardiovascular fitness, strength and balance. (A discount card of \$40 can be purchased to attend both Bosu and Hatha Yoga classes on Saturday)

DAY: Sat DATE: Sept 7 TIME: 12-12:30pm  
 FEE: \$3/Class AGES: 18+ SESSIONS: 34

## Exercise Room/Walking Track

North Dale

Memberships allow unlimited use of the Walking Track, Exercise Room or a combination of both during business hours at all City of Saint Paul Recreations Centers. Street shoes are not allowed on walking track or in the exercise room. Youth 16 and under must be accompanied by a parent or guardian at all times. Please bring a change of shoes. For seasonal hours please call the recreation center or visit our website: [www.stpaul.gov/parks](http://www.stpaul.gov/parks)

Yearly Fee: \$25/ person

Daily Exercise Room Fee: \$3

Daily Walking Track Fee: \$1

Seniors (55+): Walking Track is Free Mon – Thurs before 11am

## Hatha-Based Yoga

North Dale

Instructor: Swyningan Services

Hatha-based Yoga is for anyone new to yoga and those with experience. Yoga creates balance in body and mind through gentle movements, breathing and relaxation. Each person is encouraged to move at his or her own pace. Purchase a Yoga/Bosu discount card – 8 punches for \$30, a Yoga/Pilates discount punch card – 8 punches for \$30 or see below for daily price.

DAY: Tue DATE: On-going TIME: 7:40-8:40pm  
 FEE: \$5/Class SESSIONS: 35  
 DAY: Sat DATE: Sept 7 TIME: 11am-12pm  
 FEE: \$5/Class SESSIONS: 34

# MUNICIPAL ATHLETICS

Are you looking to join an organized adult athletic team? Municipal Athletics, a section of Saint Paul Parks and Recreation, offers a wide variety of adult intramural athletic programs. Some possibilities include: baseball, basketball, boot hockey, broomball, softball and touch football. For more information please contact Municipal Athletics staff at 651-558-2255.







## Line Dancing

North Dale

Instructor: Dan Sahlstrom,

Professional Dance Caller with over 30 years of experience.

All classes are open to all dancers, no partner needed – choose the one that best fits your need. BEGINNER will focus on the basic moves of line dancing. INTERMEDIATE requires line dance experience or completion of beginner program. ADVANCE requires years of line dance experience and completion of intermediate class. One payment opens all classes to you but class will not be slowed down to accommodate slower dancers; so choose the level that is right for your class.

**Beginner** - [2 week pre-registration required - for beginners class only.]

DAY: Wed	DATE: On-going	TIME: 12–1pm
FEE: \$6	AGE: 18+	

### Intermediate

DAY: Wed	DATE: On-going	TIME: 1–2pm
FEE: \$6	AGE: 18+	

### Advanced

DAY: Wed	DATE: On-going	TIME: 2–3pm
FEE: \$6	AGE: 18+	TIME: 2–3pm

## Lunch Break Basketball & Volleyball

McDonough

Why not spend your lunch break on the court! Half the gym will be set up from basketball, the other for volleyball. Children are not admitted. Come by yourself or bring a guest. All are welcome!

DAY: Mon/Fri	DATE: Sept 15	TIME: 11:30am-1:30pm
FEE: \$1/wk		SESSIONS: on-going

## Pilates

North Dale

Instructor: Swyningan Services

Firm and tone your muscles while increasing your aerobic ability. Purchase a Yoga/Pilates discount punch card – 8 punches for \$30 or see below for daily price.

DAY: Mon / Wed	DATE: Sept 8	TIME: 7:15-8:15pm
FEE: \$5/Class	AGES: 18+	SESSIONS: on-going

## Scrapbooking

Sylvan

Looking for some space to scrap book? Well we have it. All you have to do is bring the supplies you need and we will provide you with the space you need. Bring your friends with so you can have someone to talk to and have some fun while you scrap book. Scrapbooking will be held on the first Wednesday of each month.

DAY: Wed	DATE: Sept 3	TIME: 5-8pm
FEE: \$10	AGE: 18 & older	SESSIONS: 7

## Square Dancing Challenge 1

North Dale

Instructor: Dan Sahlstrom,

Professional Dance Caller with over 30 years of experience.

Join us every Monday for Challenge 1 Square Dancing. Dancers must have completed Mainstream, Plus, Advanced and Challenge 1 CALLERLAB square dancing to attend this class. Closed Holidays and Special Center Events. No classes on the 1st Mon of the month for Sept – Dec.

DAY: Mon	DATE: On-going	TIME: 6-9pm
FEE: \$7/Day	AGES: 18+	SESSIONS: 16

## Adult Volleyball

Come by yourself or bring your friends to enjoy a fun night of volleyball. Games are non-ref, players call. Photo ID required. Ages 18+.

### North Dale

Tue	Sept 9	7-8:30pm	\$2/wk	5 ses.
Tue	Oct 14	8-10pm	\$2/wk	7 sessions

### Rice

Wed	Sept 10/Feb 18	6-8pm	\$2/wk	7 ses. ea.
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### Arlington

Wed	Sept 10	6-8:30pm	\$2/wk	on-going
Mon	Sept 22	6-8pm	\$2/wk	on-going

### NW Como

Fri	Sept 19	6-9pm	\$2/wk	on-going
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### McDonough

Mon	Sept 8	6-8:45pm	\$2/wk	on-going
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# SENIORS



## 500 Card Senior Group

North Dale

Instructor: Sharon DeCarlo

Join us every Wednesday for hours of fun playing the card game 500. Participants take turns purchasing, snacks, coffee and paper products.

DAY: Wed DATE: On-going TIME: 10am-12:30pm  
FEE: Free (see desc.) AGES: 55+ SESSIONS: 30

## 500, Dice & Cribbage Senior Group

North Dale

Meet others and have fun playing Greedy, 500 Cards or Cribbage. Greedy & Cribbage games start at 10am and 500 Cards start at 11:30am.

DAY: Thur DATE: On-going TIME: 10am-3:30pm  
FEE: \$12/Year AGES: 55 SESSIONS: 27

## 500 Card Senior Group Competitive

North Dale

Instructor: Sharron DeCarlo

This group is for competitive players only! Players may come in any time after 11:30am to sign in and socialize. Games will start at exactly 12 Noon. We will not start any games after 3pm.

DAY: Fri DATE: On-going TIME: 11:30am-3:30pm  
FEE: \$1.50/day AGES: 55+ SESSIONS: 30

## Converting to Digital Television

Rice

What does it mean to convert your TV to receive the new digital signals coming in February 2009? Are you ready? Take this opportunity to know why and how to convert your TV and other media (i.e. DVD player, VCR's) to receive the new signals. How much will it cost? What do I need to buy and where can I get it? Do I need one for every TV? These and many other questions will be answered from a representative from Best Buy. To register go to the community Education Website, [www.commed.spps.org](http://www.commed.spps.org) or call 651-793-5455.

DAY: Wed DATE: Oct 22 TIME: 9:30-10am  
FEE: \$5 SESSIONS: 1

## Driver Improvement Refresher

North Dale

This course is for those who have already completed the 8 hour Driver Improvement course and who need to become re-certified. Bring a beverage/snack if you wish. Instructor provided by the Minnesota Highway Research Center. To register go to the community Education Website, [www.commed.spps.org](http://www.commed.spps.org) or call 651-793-5455.

DAY: Mon DATE: Nov 17 TIME: 9am-1pm  
FEE: \$18 SESSIONS: 1

## Enhance Fitness

North Dale

Instructor: Tim Neadeau

Enhance Fitness classes are a relaxed, fun and social way to exercise and an evidence-based approach to fitness for older adults. Classes are taught by a certified instructor with special training in bringing out the physical best from older adults. Participants can follow their progress through functional evaluations. Enhance Fitness is the winner of one in ten nationwide innovation in Prevention Awards in the non-profit category, presented by the U.S. Dept. of Health and Human Services. \*This program is free for UCARE members 65 and older. UCARE members must register by phone or in person at the center. Limit 15

DAY: Mon, Wed, Sat DATE: Sept 29 TIME: 9:30-10:30am  
FEE: \$30 AGES: 55+ SESSIONS: 30

## Rice St. Senior Program

Rice

Rice Recreation Center is now open and looking to start up a senior program again. Come play cards with your friends. Snacks and coffee will be provided. The group will meet weekly to play cards and whatever else is of interest to you. If you have any questions about the senior program please contact Randy Graff @ 651-558-2392

DAY: Tues DATE: Sept 16 TIME: 11am-1pm  
FEE: \$10/year AGE: 55+ SESSIONS: On-going

## Greeting Cards Make it – Take it

North Dale

Instructor: A Filipek

In this class you will have the opportunity to make several cards using top quality stationery, special papers, stamps and more. With the help of the instructor we will complete 4-8 cards per session. To register go to the community Education Website, [www.commed.spps.org](http://www.commed.spps.org) or call 651-793-5455.

DAY: Mon DATE: Oct 13 & Nov 10 TIME: 10am-12pm  
FEE: \$4 & \$1/card additional supply fee SESSIONS: 2

## Hand Maintenance: Movement and Massage for Self-Care

Rice

Instructor: D. Girod

Do your hand hurt? Does your occupation or hobby place strain on your hands? This class is for you!! You will learn gentle movement and self-massage techniques which may reduce pain, strain and other symptoms of overuse. To register go to the community Education Website, [www.commed.spps.org](http://www.commed.spps.org) or call 651-793-5455.

DAY: Mon DATE: Nov 3 TIME: 10:30am-12:30pm  
FEE: \$35 SESSIONS: 1

## Medication Safety

Rice

This program is in cooperation with CVS pharmacy. Learn about drug interactions that are common that are both desirable and some that are undesirable when taken with other drugs and/or food. Information on compliance and knowing your medications and other important details on how you can get the most from your medications. To register go to the community Education Website, [www.commed.spps.org](http://www.commed.spps.org) or call 651-793-5455.

DAY: Wed DATE: Oct 22 TIME: 10:30am-12:30pm  
FEE: \$5 SESSIONS: 1

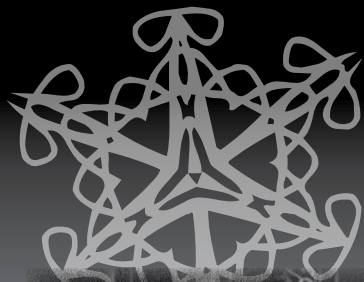
## Senior Only Exercise

North Dale

Instructor: Swiningan Services

Improve your physical fitness, mobility, and heart rate; class is adapted for all mobility levels. Purchase a punch card – 10 punches for \$15 or see below for daily price.

DAY: Mon DATE: On-going TIME: 12:15-1:15pm  
FEE: \$2/Day AGE: 55+ SESSIONS: 29



# Skating Hours

HOCKEY RINK @ *North Dale*

PLEASURE RINKS @ *Sylvan & NW Como*



Skating hours are weather-permitting and typically begin in early January. Please call the respective center for exact times the rinks are open.

North Dale's warming room & restrooms will be available on Saturdays from 9am-8pm & Sundays from 12 - 8pm, December 20-March 14.



## Local Libraries

SAINT PAUL  
PUBLIC  
LIBRARY

### Rice Street Library

1011 Rice St., 55117

**651-558-2223**

Mon	12:30-9pm
Tue	10am-9pm
Wed & Thur	12:30-9pm
Fri & Sat	10am-5:30pm
Sun	Closed

### Arlington Hills Library

1105 Greenbrier St., 55106

**651-793-3930**

Mon, Wed & Thur	12:30-9pm
Tue	10-9pm
Fri & Sat	10-5:30pm
Sun	Closed



## Bowling For All

A program designed for children and families of St. Paul. The cost for a three month card is \$20.00 per person. You can stop in at any recreation center to purchase your card. The three months for fall includes, September - December 2008, and winter months of January - March 2009. Cards may be used anytime when open bowling is available. You may call Midway Pro Bowl or go to their web site for open times. For more information, please call your local recreation center.

### MIDWAY PRO BOWL

1556 University Avenue • St Paul, MN 55116

[www.midwayprobowl.com](http://www.midwayprobowl.com)

Phone: 651-646-1396



# No School Day Programming

*Don't sit home alone; come spend some time with us having fun in a positive and safe place during these no school days.*



**FALL:** Oct 16 & 17

**WINTER:** Dec 22, 23, 26, 29, 30 & Jan 2

**SPRING:** March 30, 31 & April 1, 2, & 3

ALL PROGRAMS ARE FREE. Full day program hours are 8am-6pm. Half day sites are 1-6pm. If you have any questions, please feel free to contact your closest recreation center or call 651-266-6400. *Pre-Registration must be completed by parent or guardian.* Forms will be available at the recreation center or online at [www.stpaul.gov/parks](http://www.stpaul.gov/parks). Space is limited.



## All Day Programming

8 AM — 6 PM

**Sites:** Dayton's Bluff, Jimmy Lee, Hancock, Hazel Park, & North Dale.

## Half Day Programming

1 — 6 PM

**Sites:** Scheffer, Hillcrest, McDonough, & Margaret.

## Teen Programming

1 — 6 PM

**Ages:** 13-18

**Sites:** Hayden Heights, Palace, MLK, & Rice.



## Rec Check

Rec Check is a free after school program. Youth in grades 1-6, check in with staff upon arriving at the center and check out when leaving. Parents can choose to be notified when their child does not check in. Youth participate in a variety of scheduled activities including arts & crafts, reading, homework help, and special events. To promote health & fitness, staff will engage youth daily in physical activities such as gym games, outdoor play, and fitness fun. A daily snack is provided. Registration is required & space is limited. Rec check is for youth who live or attend school in Saint Paul.

**DAY:** Mon-Fri    **DATE:** Sept 8    **TIME:** 3-6pm  
**FEE:** Free    **AGES:** 6-12 (1st - 6th Grade)

**SESSIONS:** All public school days except early release days.

**SITES:** Arlington, Baker, Conway, Dayton's Bluff, Duluth & Case, Front, Hancock, Jimmy Lee, McDonough, MLK, North Dale, Palace, Prosperity, Scheffer, Sylvan, & West Minnehaha

## S'more Fun Childcare

S'more Fun is a childcare/recreation program for school-aged children in kindergarten through 6th grade (ages 6-12). We offer recreational, cultural, social and educational activities. Our goal is for children to pursue their own interests, develop friendships, gain confidence, and build independence in a safe, comfortable, trusting and FUN atmosphere.

### Battle Creek Recreation Center

Year round program available

**MON - FRI**    **HOURS:** 6:30-9:15am & 2:30-6pm

For more information please call 651-501-6388

### Groveland Recreation Center

Year round program available

**MON - FRI**    **HOURS:** 7:15am - 6pm

For more information please call 651-695-3715

### North West Como Recreation Center

**MON - FRI**    **HOURS:** 7-8:20am & 3-6pm

**NO SCHOOL DAYS:** 7-6pm

For more information please call 651-487-5626